

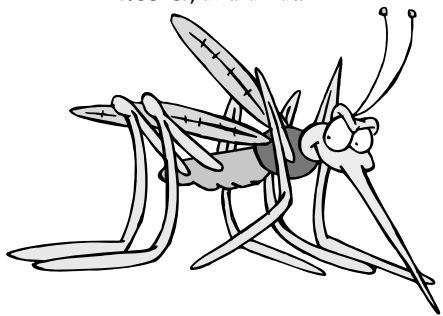
The Buzz on Mosquitoes

Mosquitoes breed in standing water.

Don't let water stagnate in buckets, birdbaths, ponds, pet dishes, old tires, or in clogged gutters.

Mosquitoes are most active at dawn and twilight

Stay indoors at those times, use bug spray, and wear long pants, sleeves, and a hat.



For more information call 311 (727.8311 outside of Hampton) or www.hampton.gov

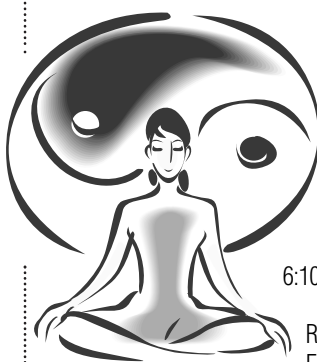
Life U:

CREATE • LEARN • EXPLORE

Educational, recreational, and social programs designed for adults 50 and older

One fee includes all programs listed in the Life University Program. You may sign up for entire **Life U** Program for \$100 or per class as listed below.

The last day to sign up for the **Life U** Program packet is October 1.



Yoga

Age: Teens and Adults
Day/Date: Mondays (5-6pm; 6:10-7:10pm): Sept. 15-Oct. 6; Oct. 13-November 3; Nov. 10-Dec. 8. • Thursdays (5-6pm; 6:10-7:10pm): Sept. 18-Oct. 9; Oct. 16-Nov. 6; November 13-Dec. 11.

Registration Deadline: Two weeks prior
Fee: \$32 per month for ages 18-54;

\$20 per month for ages 55+

Location: Hampton Senior Center

Combines the strength and flexibility of yoga with an aerobic intensity for a total body workout.

Body Recall

Age: Adults
Day/Date: Mondays Wednesdays and Thursdays, October 6-December 12
Time: 2-3pm
Registration Deadline: Two weeks prior to start date
Fee: \$50 for 10 weeks
Location: Hampton Senior Center

If you have been exercising, or are hoping to get started, Body Recall has what you need. Join this program and experience more energy, vitality, and vigor. Classes focus on deep joint movement and teach strategies for reducing joint pain, improving balance, and making daily activities more enjoyable. Our instructor is nationally certified and specially trained to help you get started!

Introduction to Drawing for Adults

Age: Adults
Day/Date: Mondays, October 6-27; November 3-24
Time: 2-3pm
Registration Deadline: N/A
Fee: \$20 per session
Location: Hampton Senior Center

Bring along your sketchpad, drawing pencils and charcoal. Learn about shapes, shading and lines.

Beginning Jewelry Design

Age: Teens-Adults
Day/Date: Oct. 7, 21, 27. Nov. 4, 18
Time: 6-8pm
Registration Deadline: Two weeks before the start of the class date
Fee: \$18 per workshop
Location: Hampton Senior Center

Learn to work with the basic tools of bead stringing, needle nose pliers, design boards, clasps, crimps, ear wires, and head pins. For two hours you will make your own creations. You will leave the session wearing a complete bracelet and earrings.

Great Decisions 2003

Age: Adults
Day/Date: TBD
Registration Deadline: On-going
Fee: Free
Location: Hampton Senior Center

Lectures will be: Why the Hampton History Museum?; Unity Circles, What Are They?; and What is the City Hall Open House and How Can I Get Involved? Call 727-1602 for exact dates of lectures.

Basic Tennis Lessons

Age: Adults
Day/Date: Tuesdays
Time: 10-11am
Registration Deadline: Two weeks prior to start date
Fee: \$20 for 4 weeks
Location: North Phoebus Community Center

Not ready for the Tennis Center? Start with us and learn the fundamentals. For more information call 727-1602.

